

IS IT A FAT OR A STARCH? Circle your answer for each picture

Bread: Fat or Starch	Avocado: Fat or Starch	Pasta: Fat or Starch
		
Salmon: Fat or Starch	Butter: Fat or Starch	Peanuts: Fat or Starch
		
Potatoes: Fat or Starch	Cheese: Fat or Starch	Rice: Fat or Starch